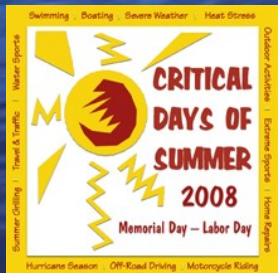


Summer Off-Duty Safety



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Swimming

The background of the slide is a photograph of a swimming pool. Several swimmers are visible in the water, moving from left to right. The pool is divided into lanes by yellow and red lane lines. The water is a deep blue, and the sky above is a lighter blue with some white clouds. The overall scene is active and suggests a focus on swimming.

- **Practice Swim Techniques**
- **Always Swim With A Friend**
- **Swim In Areas With Life Guards**
- **Do Not Drink Alcohol**
- **Look Before You Leap**

Incredible But True



A lieutenant was snorkeling for lobster. He saw a 2-to-3-foot nurse shark and believing that this type of shark was passive, he netted it to show his girlfriend in his boat. Holding the shark by its tail at arms length his friend took pictures. Suddenly, the shark twisted and bit him in his arm. He couldn't get the shark to release by hitting it, and he had to go to a dispensary when a doctor injected the shark with a muscle paralyzer.

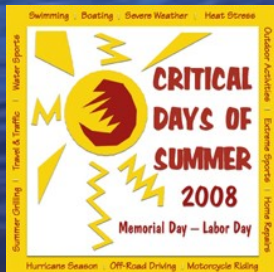


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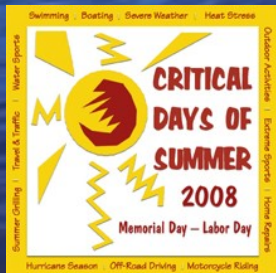
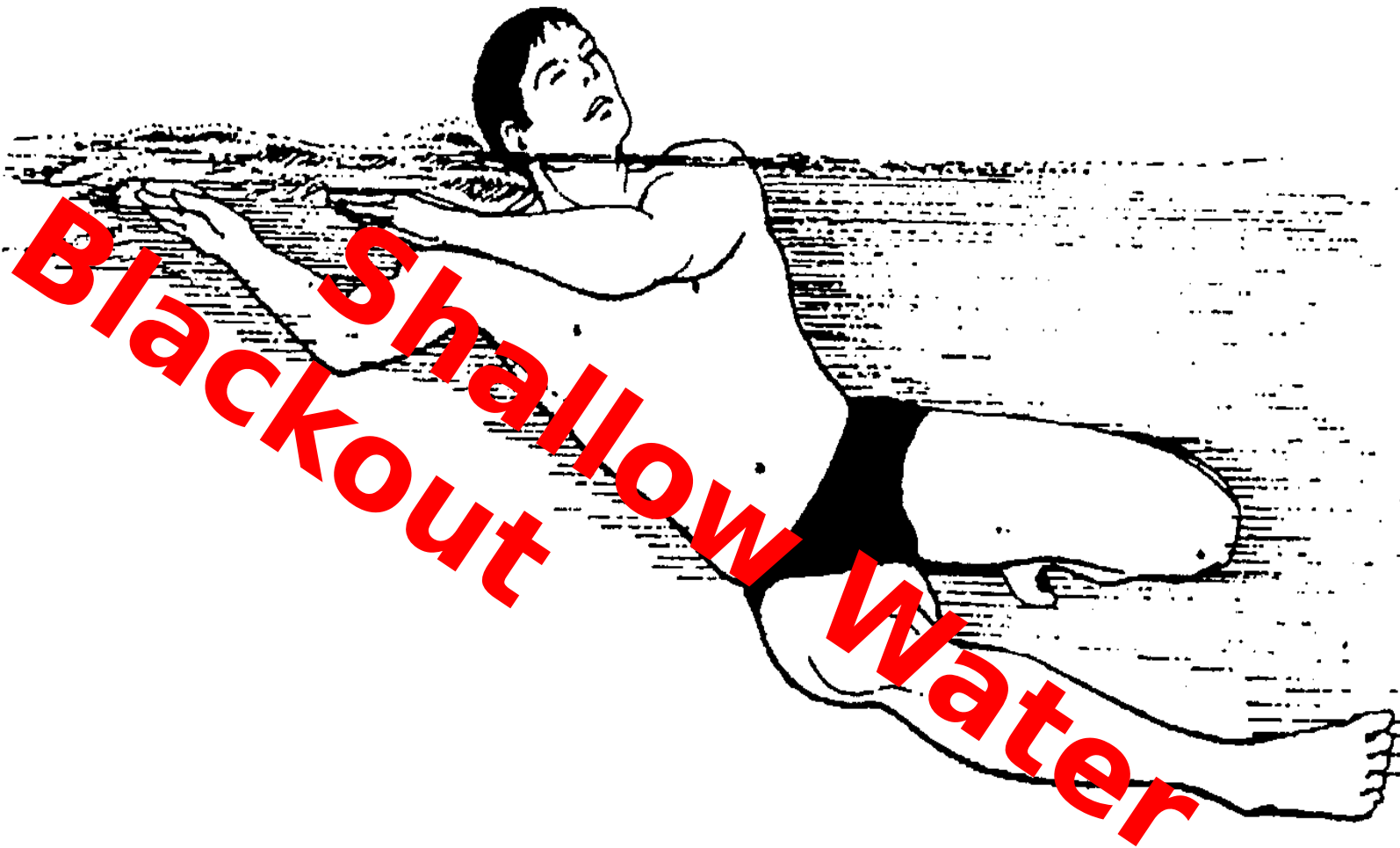
Look Before You Leap!



Two Sailors had been drinking beer throughout the evening and decided to go swimming. One of them climbed into a life guard stand. His friend in the water started shouting, "I'm drowning!" as a joke. The would-be rescuer jumped head first from the life guard stand into the shallow water. He fractured his spinal cord.



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Scuba Diving

- **Certification**
- **Dive Tables**
- **Dive With A Buddy**
- **Two-thirds Rule**
- **Guidelines For Specialized Diving**
- **Hand Signals**

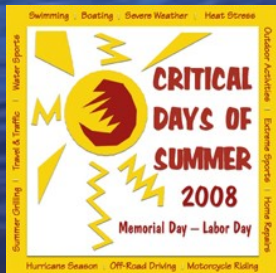


Boating

- Safe Boating Course
- Load Capacity
- Safety Equipment
- Float Plan
- Personal Flotation Devices (PFDs)
- Weather Conditions



Waves Can Crack You Up!



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Personal Watercraft (PWC)

- **Safety Training**
- **Dead Man Switch**
- **PFD**
- **No Wave Jumping**
- **Do Not Ride In Swim Areas**
- **Do Not Exceed Posted Speed Limit**
- **Observe Safety Rules**



Personal Flotation Devices (PFDs)



White Water Rafting Toll

2 Military Fatalities

- ☐ **3 MWR Rafts 24 People**
- ☐ **Rafting In River**
- ☐ **PPE/PFDS, Helmets, Wet Suits**
- ☐ **Experienced Guides**
- ☐ **Conditions**

Class IV-V

Known Obstructions

Avg. Rate @ 1,500 Cfs

Actual Rate @ 3,000 Cfs



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White Water Rafting Operational Risk Management

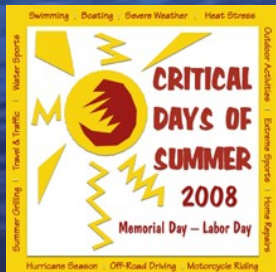
- Identify Hazards**
- Assess Risks**
- Make Risk Decisions**
- Develop Controls**
- Implement Controls**



White Water Rapids

What Are The Hazards?

- Fast Moving Water
- High Water
- Dangerous Rapids
- Debris
- Cold Water
- Poor Swimmer
- Inexperience



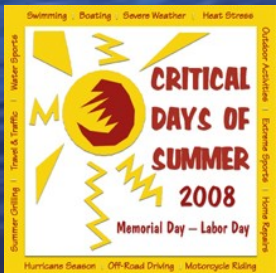
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White Water Rapids

What Are The Risks?

Fast Moving Water - Very Dangerous

- ☐ **High Water - Very Dangerous**
- ☐ **Class V Rapids - Extremely Dangerous**
- ☐ **Large Debris In Water - Extremely Dangerous**
- ☐ **Cold Water - Moderately Dangerous**
- ☐ **Poor Swimmer - Moderately Dangerous**
- ☐ **Inexperienced Paddlers - Moderately Dangerous**

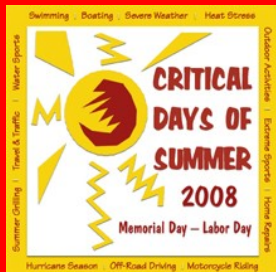


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White Water Rafting

What Are The Risk Decisions & Controls?

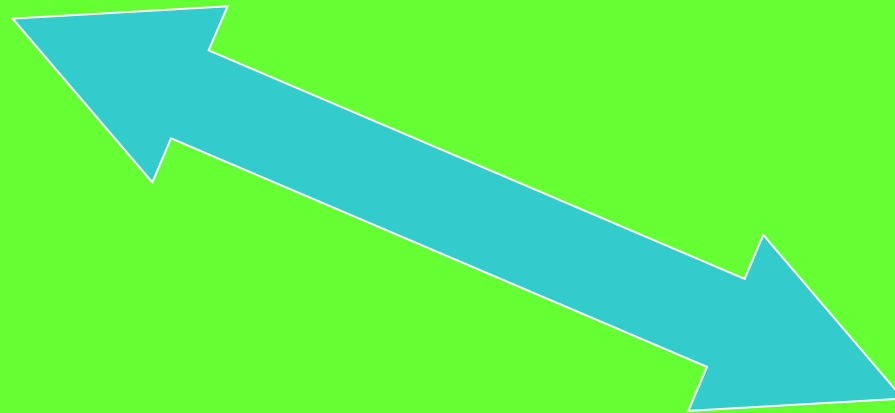
- * Fast Moving Water**
- * High Water**
- * Dangerous Rapids**
- * Debris**
- * Cold Water**
- * Poor Swimmer**
- * Inexperience**
- * Scout Area**
- * Scout Area**
- * Bigger Boats**
- * Different Route**
- * Wet Suit**
- * PFD/Helmet**
- * Briefing/Practice**



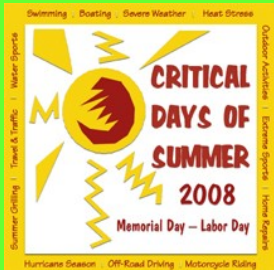
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White Water Rafting: How To Survive?

Implement
Controls



Monitor
Outcome



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NON-POWERED SCOOTERS

- **Helmet**

Personal Protective Equipment

Learn How to Stop

Smooth Surface

- **Not During Peak Traffic**
- **No Portable Listening Devices**

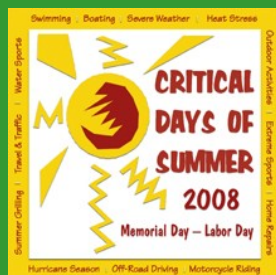


Lightning Kills

- Stay Inside Away From Windows
- If Outdoors Stay Away From Water Metal Objects And Under Trees
- When Outdoors Put Your Feet Together, Duck Your Head, Crouch Down And Put Your Hands Over Ears

Barbecuing Safety

- Well Ventilated Areas
Outdoors
- Approved Lighter Fluids, No Gasoline
- Stand Upwind When Lighting Grill
- For Propane Grills, Open Grill Cover Before Lighting
- After Cooking, Shut The Propane Bottle Valve Off & Let The Gas In The Lines Burn Out



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Risk Management

- **Hazard Identification**
- **Risk Assessment**
- **Risk Decisions**
- **Control Implementation**
- **Monitoring**

